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AIA SAFETY SPECTRUM



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How to Handle Stress the Healthy Way

Most of us are pretty familiar with the kinds of



things that tend to set us off. And that's good. Once you can recognize common sources of stress, you are part of the way there toward dealing with it. Here are some other guidelines for handling stress in a healthy way:

- If you know you're headed for a stressful situation, first try to avoid it. For instance, if you know there's construction work going on your normal route home, take a detour.
- This is easier said than done, but try to maintain a sense of humor.
- Take time to relax and unwind.



- Avoid making a lot of major changes all at once. If you're expecting a new baby, for instance, it may not be the best time to undertake a major home renovation.

While these things can't always be avoided, it's important to maintain perspective.

- Exercise is one of the best ways to reduce stress. It gives you an opportunity to work through muscle tension, it also helps clear your head. Exercise will boost your body's resistance to keep stress from attacking you physically.
- Diet is another important way to control stress. Avoid alcohol, sugar and caffeine. They can make

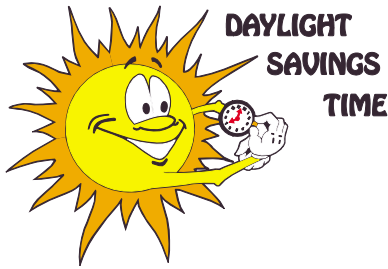


you feel better temporarily, but will ultimately bring you down.

- Finally, talk through your problems and concerns. Ask your friends and loved ones to allow you to vent to them. It may be easier to talk to a counselor. Keep in mind that talking brings things back into perspective. And getting input or feedback from others may be just what you need to relieve stress.

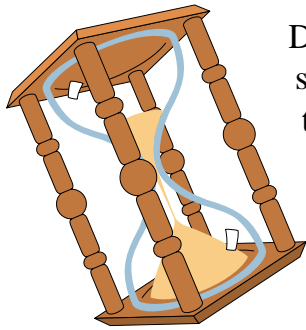
Preventing and avoiding stress is not always possible stress has a way of surprising us sometimes. All too often, we are thrown into the middle of a stressful situation. Once we're there, there's no turning back. But there are few things you can do to minimize stress;

- Take deep, cleansing breaths.
- Focus on the positive.
- Relax your muscles. If you tense up in a stressful situation it could make it worse.



Don't Forget To Move Your Clocks

April 2, 2000



Daylight saving time did indeed begin in the United States

during World War I, primarily to save fuel by reducing the need to use artificial lighting. Although some states and communities observed daylight saving time between the wars, it was not observed nationally again until World War II. The Uniform Time Act of 1966 provided the basic framework for alternating between daylight saving time and standard time, which we now observe in the United States. But Congress can't seem to resist tinkering with it. For example, in 1973 daylight saving time was observed all year, instead of just the spring and summer. The current system of beginning daylight saving time at 2 AM on the first Sunday in April and ending it at 2 AM on the last Sunday in October was not standardized until 1986.

Manufacturer Recalls

Tommy Hilfiger Socks Recalled

In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Mountain High Hosiery Ltd., of San Diego, Calif., is recalling approximately 360,000 pairs of Tommy Hilfiger socks for infants and children. The heat-sealed Tommy Hilfiger flag logo appliques on these socks can detach, posing a choking hazard to young children.

Storm Doors Recalled by New Cole Sewell Corp.

In cooperation with the U.S. Consumer Product Safety Commission (CPSC), New Cole Sewell Corp., of St. Paul, Minn., is

recalling about 23,000 storm doors manufactured without retaining pins in the upper windows.

The upper window can fall out and could injure nearby consumers.

Novelty Lighters Recalled by Prometheus International Inc.

In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Prometheus International Inc., of Bell, Calif., is recalling about 4,000 novelty lighters. The lighters do not have any child-resistant mechanisms, as required by the Consumer Product Safety Act. Young children could ignite the lighters, presenting a fire hazard.

NEWS FLASH

Source: National SAFE KIDS Campaign.
Fatal accidents are the leading cause of unintentional injury-related deaths for children age 14 and younger.

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"Do you want me to throw in your safety gear after you?"

Ways To Motivate Your People To Work Safely



Upper management can establish all the safety policies and procedures in the world, but when it comes right

down to it, maintaining safety and health in any work environment comes down to the workers.

When your staff fails to see the benefit of safety, chances are pretty good that it's going to show up on your company's bottom line as well as in your accident and injury records. Once that happens, upper management won't go directly to the workers. More likely, they'll come looking for the supervisor.

With this kind of responsibility on your shoulders, it is more than just important for you to put the best techniques for motivating your staff to work safely into practice. It is absolutely critical.

The most effective techniques involve communication. Simply put, you need to establish or build employee safety awareness.

Safety Meetings

Among the best ways to do this is to conduct regular safety meetings with your staff. By doing so, you will be accomplishing a variety of goals:

- You will be advertising to

your people that you and the company place a high value on safety.

- You will be providing them with detailed information regarding company procedures and other requirements related to their work.
- You will be promoting team spirit and the notion that safety is a team effort.
- You will be providing a forum for staffers to ask specific questions.
- You will have a forum for generating feedback from those who really know what it's like to work with existing safety policies.



Keep in mind that the best safety meeting need not be long and involved. Short, specific meetings are generally best. It is much easier to absorb a few ideas than a slew of them. Simply

choose an appropriate topic and cover it.

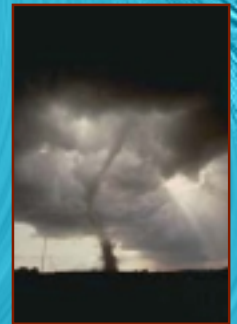


Overpasses are not the answer during a Tornado

As a new tornado season gets under way, meteorologists and emergency planners are working feverishly to buck a frightening trend: people are using highway overpasses as tornado shelters. Meteorologist, Dan Miller with the National Weather Service strongly agree, storm-shelter substitutes are among the worst places to go when a tornado is bearing down. The rise in the embankment adjacent to the highway "elevates you in a wind tunnel with nothing to hand onto, exposing you to the tornado."

Tornado Classification

The F- for Fujita - scale uses numbers from 0 - 5. Their rating are based on the amount and type of wind damage.



F-0 Light damage. Wind up to 72 m.p.h.

F-1 Moderate damage. Wind up to 73 m.p.h..

F-2 Considerable damage. Wind 113 to 157 m.p.h.


F-3 Severe damage. Wind 158 to 206 m.p.h.

F-4 Devastating damage. Wind 207 to 260 m.p.h.

F-5 Incredible damage. Wind above 261 m.p.h.

The Admiral's Corner

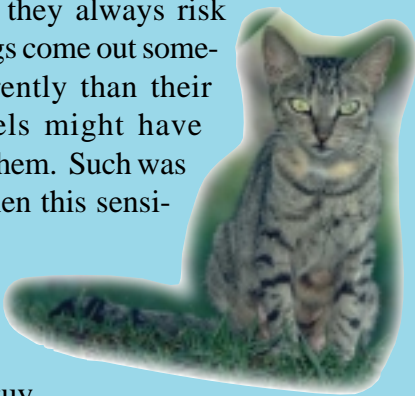
Naval Safety Center



While on the dance floor in a North Carolina night spot, this marine busted a move that was so weird he tore a ligament in his knee. In order to save him from forced marches to come, doctors had to operate on his leg two days later. Witnesses at the scene were stunned by the maneuver; the likes of which they had never seen. All agreed this guy's dancing was so bad – so outlandish – that, if it weren't impossible to do so, it would have embarrassed Elaine Benes, inside joke for all you *Sinfield* viewers.

The problem with good Samaritans is they always risk having things come out somewhat differently than their better angels might have wished for them. Such was the case when this sensitive ensign, a real caring, nineties, kind of a guy, stooped to help his room mate retrieve a stray cat whose disoriented gait and faraway look gave it a pathetic aura that just cried out for nurturing.

After coaxing this sad little creature to within arm's length, the ensign made a grab and caught kitty around



the middle. The kitty took immediate note of our hero's benevolent gesture, of his concern for a poor feline's well being and responded by shredding, then attempting to eat, three of the ensign's fingers. By the time the little kitty reentered the atmosphere, the ensign was already in the house scrubbing and disinfecting his wounds. Satisfied he had done all he could to prevent a biological meltdown, the young do-gooder hit the sack. It wasn't until morning, when he awoke to discover that during the night his fingers had acquired the texture of beef jerky and the appearance of over-cooked kielbasa, that he became aware of his allergy to kitty spit. Docs put him in the hospital and pumped him full of anti-venom for five days before they would release him to two weeks of convalescent leave. Kinda gives a whole new depth of meaning to "cat scratch fever" doesn't it?

Reading the report of a sergeant who arrived in the emergency room cradling, in his one good hand, his other good hand and the plank which he, using a nail gun, had joined together, caused this quickie mental film clip to flicker in my mind: while the sergeant writhes in agony and bangs his newly acquired hand/plank assembly against the side of the operating table, a doctor in full surgical regalia, extends his rubber-gloved hand above the body of the screaming marine toward his nurse. He peers over the top of his mask at her (still played - after all these years – by Abby Dalton) looks deeply into her eyes, turns his palm up and says, "claw hammer"

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Bike Safety

Bicycles are associated with more childhood injuries than any other consumer product except the automobile, according to the National SAFE KIDS Campaign, an organization dedicated to preventing childhood injuries.



In 1997, children ages 14 and under accounted for 40 percent of bicyclist injured in motor vehicle crashes.

SAFE KIDS offers these tips for bicycle safety:

Make sure children wear a bicycle helmet every time they ride. A bicycle helmet is the single most effective safety device available to reduce head injury.

Wear the helmet correctly. A bicycle helmet should fit comfortably and snugly, but not too tightly.

Make sure the bicycle helmet meets current safety standards. Buy a helmet that meets or exceeds the safety standards developed by the U.S. Consumer Product Safety Commission or those developed by ANSI, Snell or ASTM.

Teach children the rules of the road and to obey all traffic laws. Ride on the right side of the road, with the traffic flow, not against it, use appropriate hand signals; stop at all stop signs and stop lights; and stop and look both ways before entering an intersection.

For more information on bicycle safety, call the National SAFE KIDS Campaign at (202) 662-0600, or access the organization's Web site at www.safekids.org.